



The Hanover Council on Aging

HANOVER HAPPENINGS



FEBRUARY 2018

665 Center Street Hanover MA 02339 (781) 924.1913 coa@hanover-ma.gov

Good Day !

There is something really amazing about Hanover. I know many of you already know this as you either live here or have been coming here for one reason or another, but I truly mean there is something amazing about Hanover.

I have two really wonderful stories to share..

The first is about a couple I happened upon. In my spare time I have a couple of part-time jobs, one of which involves home care. I was visiting with a couple in town and realized that they were not aware of many of the services the Council on Aging provides. We were able to provide them with both local and out of area transportation and saved them a lot of stress and planning.

We also were able to reach out to many agencies in our community, to provide them with food, spiritual needs, medical assistance, and companionship.

The second is about three town departments and a housing development coming together to insure that the safety of a resident was intact and that they had the appropriate services in place to keep them in their housing situation.

These are just 2 stories of many that we work on daily. It is great that the resources in this town are truly available and it should be a comfort to you all that they are .

Tammy

As we grow it gets harder to spotlight all that we do in these pages so this month I wanted to shine a light on some of the other offerings we have on a regular basis.

Water Color Class- Join Instructor Ron Brake as he teaches tips and techniques to create your own master piece. This group does beautiful work! All levels of skill are welcome! Please bring your own supplies. Classes are \$10.00 per class per person.

If you are unsure of this class feel free to come by and check it out!

Painting with Tami- Tami Traft uses acrylic paints to teach this class. Participants leave with a beautiful painting ready to hang. Tami provides all supplies. This class is brought to you in part by The Friends of the Hanover Council on Aging. Participants pay only \$5.00 per person per class.


Deco Art with Barbara- Join Barbara in a class that focuses on glass painting. Barbara shows us how to turn the most basic wine glass into a work of art. Displays of upcoming projects are usually available a month before. This class is partially funded by the Friends of the Hanover Council on Aging. Participants pay \$5.00 per class per person.

Men's Discussion Group- Come be a part of the discussion! This group discusses Foreign Policy, Global Health Issues, US Global Engagement in the Military, and more! Join them the 3rd Tuesday of the month.

Bereavement- Joan Port-Farwell leads this group. All are welcome . They meet every Thursday at 2PM.

WINTER STORM INFORMATION

The COA Policy is to close to programming when the schools close due to weather or other related incidents. The offices remain open unless the town closes for the day. Rides will still be available, if the roads are clear.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February		<i>Love</i> 		
			1	2
			10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA PM SHOPPING HANOVER MALL	10:00 ARTHRITIS EXERCISE 1:00 DECO ART WITH BARBARA PM SHOPPING-SHAW'S LEGION & BARSTOW
5	6	7	8	9
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI PM SHOPPING-SHAW'S CUSHING & OTHERS	9:30 MORNING OUT 11:00 EDIBLE ARRANGEMENTS 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL PM SHOPPING ROCHE BROTHERS/ CHRISTMAS TREE	8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 7PM PHOTO WORKSHOP	10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA PM SHOPPING HANOVER MALL	10:00 ARTHRITIS EXERCISE PM SHOPPING-SHAW'S LEGION & BARSTOW
12	13	14	15	16
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI PM SHOPPING-SHAW'S CUSHING & OTHERS	9:30 MORNING OUT 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING KOHL'S/STOP&SHOP	8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 7PM PHOTO WORKSHOP	10:00 BOWLING 10:00 EXERCISE W CHRIS 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA PM SHOPPING HANOVER MALL	10:00 ARTHRITIS EXERCISE PM SHOPPING-SHAW'S LEGION & BARSTOW
19	20	21	23	24
HOLIDAY CENTER CLOSED	9:30 MORNING OUT 9:30 MENS DISCUSSION 9:30 BLOOD GLUCOSE 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING STAR/MARSHALLS MARSHFIELD	8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 2:30 MOVIE HERO 7PM PHOTO WORKSHOP	10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL 6PM YOGA PM SHOPPING HANOVER MALL	10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND PM SHOPPING-SHAW'S LEGION & BARSTOW
26	27	28		
8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI PM SHOPPING-SHAW'S CUSHING & OTHERS	9:30 MORNING OUT 12:00 LUNCH & NAME THAT TUNE 1:00 TAI CHI 2:15 STRETCH WITH NEIL PM SHOPPING MARKET BASKET	8-11 TAX PREPARATION 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 TEA WITH JAMES MICHAEL 7PM PHOTO WORKSHOP		

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WHAT IS THE HIPPA PRIVACY RULE?

HIPAA: Acronym that stands for the Health Insurance Portability and Accountability Act, a US law designed to provide privacy standards to protect patients' medical records and other health information provided to health plans, doctors, hospitals and other health/mental care providers

Many people are unaware that this 1996 rule also covers Councils on Aging. COA's handle a lot of confidential information on the people who we serve.

If you would like us to share your medical conditions or information with friends you have at the Center, YOU MUST give us permission to do so.

Without permission from the individual the staff is instructed to say they do not know, or they cannot give out that information.

What we CAN do is take your information and if appropriate pass it on to the other party.

Thank you for your understanding!

FEBRUARY IS HEART HEALTH MONTH

Did you know?

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year.
- That number is expected to rise to more than 23.6 million by 2030.

President Lyndon B. Johnson's proclamation that first declared February as American Heart Month.

February 2, 2018 is Wear Red Day!

A SIMPLE GESTURE

Are you looking for a new way to help the Hanover Food Pantry?

"A Simple Gesture – Hanover" makes it easy!

This new program, modeled after similar programs nationwide (including one in Norwell!), will provide volunteer households with a Cool Green grocery bag to fill with non-perishables.

Volunteer households (affectionately referred to as "greenbaggers") are asked to pick up just one extra item per grocery trip to store in their Cool Green Bag.

On the first Saturday of every other month (6 times per year on scheduled dates), additional volunteers pick up the full Cool Green Bag, deliver it directly to the Hanover Food Pantry, and leave a new Cool Green Bag to be filled over the next two months.

If you are interested in becoming a "greenbagger," volunteering to pick up bags, or unpack at the Food Pantry, you may find out more information by visiting the new "A Simple Gesture – Hanover" website at www.asghanover.org Or, for more information, please e-mail contact@asghanover.org.

TAX PREPARATION

Joe Benson is back to prepare tax returns for us. Starting January 24, he will be here on Wednesday mornings. Call for an appointment. 781.924.1913

Don't wait, open appointments are filling fast!

COLLABORATION WITH JCFL

If you have not picked up your copy of "What's Going On?" the January to March Flyer of events at that Hanover Council on Aging and the John Curtis Free Library you can still get a copy at the Center or the Library!

The flyers are also available on the COA website and Facebook!

VETERAN'S NEWS

Because congress approved an increase in Social Security payments, your military retirement and your VA disability compensation will increase by 2% in 2018. Happy New Year.

Congress finally got around to making changes to the GI Bill. These take effect on January 1, 2018. If you were discharged after January 1, 2013 these changes apply to you.

The VA has removed the 15 year requirement to use your GI Bill benefits. You now have forever to use your benefits.

If you went to school that closed or lost accreditation and you did not get credit for the classes you took, the GI Bill that you used for those classes will be given back to you. This is effective for any school closings after January 1, 2015.

More Guard and Reserve members will be eligible for the GI Bill even if called up for responding to major disasters by the governor.

Online training is now approved effective August 16, 2017.

The GI Bill Housing Allowance will be reduced by 1% each year from 2015 to 2019 so that by 2020 the allowance will be only 95% of the members housing cost.

Dependents can access your GI Bill education assistance. Check with the VA on the specific requirements of your service in order to access.

If you have questions about your military/VA benefits please contact the Veterans Service Officer for the town of Hanover, Mike Thorp, located in town hall, 781-826-0968.

HANOVER VNA

The Hanover Visiting Nurse Association Executive Board and office extend their sincerest appreciation and gratitude for the wonderful outpouring of support from the community in helping the organization make this year's Holiday Outreach a success.

We are deeply indebted to the students, administrators, teachers, school nurses, staff and PTO of the Hanover Public Schools, as well as the:

First Congregational Church of Hanover,
St. Andrews Church of Hanover,
Briarwood Child Academy,
Cub Scout Pack 39 - Tiger Cubs,
Nancy and Tony Cavallaro - Jaca Architects,
Legion Housing of Hanover residents and staff,
Joyce MacLellan, Realtor of Caldwell Banker
Residential Brokerage of Norwell,
Quincy Pediatrics,
The many Hanover Residents,
And Hanover Town Departments and employees,

For their participation in the Thanksgiving and Christmas outreach events.

The recipients were extremely grateful for your kindness and generosity.

The Visiting Nurse Association Executive Board and office also extend sincere gratitude and appreciation to the Tri Town Rotary Club for their very generous donation.

Best wishes to all for a New Year of good health, peace and much joy.

Sincerely,
Doreen Zeller, RN, Nurse Administrator ~ On Behalf
of the Hanover Visiting Nurse Association Board and office

OCES**Is there a link between diabetes and heart disease?**

Individuals with diabetes are more likely to develop heart disease and have a greater chance of a heart attack or a stroke. Additionally, those with diabetes increase their chances of having high blood pressure or high cholesterol. You can protect your heart and health by managing your blood glucose (blood sugar) as well as your blood pressure and cholesterol.

A family history of diabetes can significantly increase a person's risk of developing the condition. There are two main types of diabetes; type 1 diabetes and type 2 diabetes. With diabetes, your blood glucose levels are too high and glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With type 1 diabetes, your body does not make insulin. With type 2 diabetes, the more common type, your body does not make or use insulin well.

You can also have pre-diabetes. Most people with pre-diabetes don't have any symptoms. Pre-diabetes means that your blood sugar is higher than normal but not high enough to be called diabetes. Having pre-diabetes puts you at a higher risk of getting type 2 diabetes. If you are concerned about your health or the health of a loved one, make an appointment to see your doctor. There are tests your doctor can prescribe to detect heart disease, make a diabetes diagnosis and determine if you are at risk for diabetes.

Here are a few tips to prevent or delay getting diabetes. Be sure to check with your doctor before starting any program. Maintain a healthy weight, Follow a healthy eating plan, Get regular exercise, Don't smoke, Get a good night's sleep, Manage your stress. February is Heart Health Month. Heart disease is the leading cause of death for both men and women in the United States. The good news is that it is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer. Even making small changes in your habits can make a difference.

EVENTS**Friday February 2, 1PM Deco Art with Barbara , fee \$5**

Join Barbara for another class Space is limited. Call to sign up.

EVENTS continued

Tuesday, February 6 at 11AM, free program Lee of Edible Arrangements of Hanover will teach us how to decorate using fruit

Friday, Feb 23, 2018 1 PM- Art For Your Mind \$2
The Dutch Golden Age, offers a close look at images by famous painters such as Rembrandt and Vermeer, as well as other 17th century Dutch masters who reached levels of excellence that still shape and inspire viewers today.

Wednesday, Feb 21, 2018 at 2:30 PM Movie & Discussion Series, "Hero" FREE

Sam Eliot and Laura Peron star in the film about an aging film star who confronts health, his mortality, and attempts to make amends with his ex-wife and daughter. **No discussion.** after the movie at the COA. This series is presented by the John Curtis Free Library and the Council on Aging. Discussion of this movie will be on **Monday February 26th, the movie starts at 4PM and the discussion at 6:45PM at the John Curtis Free Library.** Bring your ideas to share.

Tuesday February 27th 12PM

Name That Tune/Lunch with Lynda Chuckran of Welch Health Care. Join us for a February Luncheon! Lynda Chuckran, the Community Relations Director for Welch Senior Living will entertain us with Name that Tune, along with prizes and fun. Enjoy pizza and salad and Lynda will bring a festive dessert provided by Allerton House at Harbor Park, Hingham. This event is sponsored by Welch Senior Living and Allerton. Call to reserve your spot!

Wednesday February 28 at 1PM, fee \$3**James Michael****Tea to Celebrate Love and Music**

Broadway veteran James Michael is a phenomenal baritone with an engaging performance style that mesmerizes audiences with his resonant singing, personal stories, and wonderful spirit. Not since Robert Goulet, John Raitt and Howard Keel has anyone performed our beloved Broadway classics with equal passion and beautiful voice. His widely and critically acclaimed production of "The Golden Age of the Baritone" captures Broadway's great music in a single show, a riveting experience not to be missed!

VOLUNTEERS

We appreciate all of the volunteers we currently have, those who have submitted an applications and are waiting to be utilized, and those who are still debating.

This section of the newsletter will be used to share information and open positions in our center.

We appreciate your patience as we looked for the perfect candidate for the vacant position.

Jennifer Dunn started in late January and will be reaching out to you all soon, if she already has not!

**NEW AND RENEWED FRIENDS**

Dorothy Vekos, Frederick Lanzillotta, Mary Mikos, Jerry and Janet Abban, Mary McLaughlin, Ray Belanger, Darlene Lambert, Carol Downey, Adolph Gratzner, Walnut Hill Garden Club, John Sears, Hanover Women's Club Juniors, June Lane, Janice O'Hearn, Lillian Leonardo, Annette Murphy, Jim and Sandy Tocchio, Lawrence and Yvonne Bright, Nancy Johnson, Virginia Liston, Mary Roper, Judy Murray, Raymond Larson, Joan Norris, Collette and John Cronin, Carolyn and Robert Frattalone, Meredith Hickey, Beverly Hayes, Paul and Helen Doucette, Jacqueline Ieradi, Maryann Nolan, Maria Rose, Robert and Jean Clark, William Blume, Barbara Fennell, John Thompson, Manny Vaz, Cynthia Kryson, Robert and Maryann Cirino, Sylvia Hyland, Isobel Johnson, Terry Kleine, Lorine Bergeron

ADDITIONAL DONATIONS

Mary McLaughlin, Ray Belanger, Darlene Lambert, John Sears, Lillian Leonardo, Raymond Larson, Joan Norris, Carolyn and Robert Frattalone, Meredith Hickey, Beverly Hayes, Maryann Nolan, Maria Rose, William Blume, John Thompson, Manny Vaz, Cynthia Kryson, Robert and Maryann Cirino, Sylvia Hyland, Isobel Johnson, Lorine Bergeron.

Please note: We do our very best to get your loved ones names entered promptly, yet sometimes there are delays in the process. Please know that it is unintentional and we will list names as soon as we can.

IN REMBERANCE

Eileen Sears, Joseph McLaughlin, Barbara Belanger, Past Friends of Barstow Village, Correia Pavao Family, Joe and Arlene Hannigan, Pat Norris, Harlan and Dot Elwell, John Hickey, Thelma Litchfield, Catherine Blume, Eugene and Manuel Rose, Lois Thompson, Lois Dante,

IN HONOR OF

USA and Veterans

Robyn Mitton's Retirement

FRIENDS TRIP

Donna Lawrence is working tirelessly on making your 2018 exciting to date she has booked Foxwoods on September 18, 2018 and Turkey Train is scheduled for October 11, 2018. More to come next month!

SPECIAL THANKS

Special thanks to the weekly poker players for their continued donations to the Center!

Thank you to the Holy Mother's Collaborative, and the Community Services Department for all of their support!

Thanks to The Phalen Family, John Buzad, The Men's Discussion Book, Tina Miklos, Russ Smith, and Girl Scout Troop 69139



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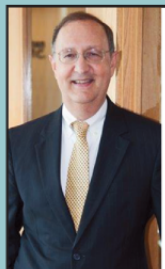
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Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2018

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

The Hanover COA Advisory Board meets of the second Monday of the month and will meet again on February 12 2018 at 9am. All are welcome to attend this open meeting.

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley,
Vice President

Judi Barca

Margaret Rooney

Doreen Giordani